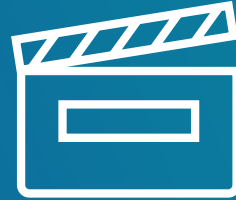




**Los Rios Community College  
2025**





# Sutter Health Plan

Sutter Health Plus rebranded to **Sutter Health Plan** on **January 1, 2025**, to more clearly and concisely communicate its identity as a comprehensive health plan within the Sutter Health family. This change reflects the organization's commitment to providing quality-driven health plans integrated with Sutter Health's local and connected provider network—including primary, specialty, and other essential services.



# SHP LAUNCHES NEW WEBSITE EXPERIENCE

As of April 1, 2025, Sutter Health Plan launched a redesigned website to enhance user experience and accessibility. With streamlined navigation, improved resources, and easier access to plan information, the update reinforces our commitment to delivering high-quality, integrated healthcare.

## Coverage You Can Count On

Offering individuals, families and businesses the comprehensive healthcare coverage they want.

[Get Started Today](#)



### New Website Features and Utilization Enhancements:

- A new advanced Provider Search, '**Book an Appointment**' function that shows the earliest available appointments for each provider and allows members to schedule new patient appointments directly from the provider's profile.  
\*\*\* The Book an Appointment feature is available for select Sutter Health PCPs accepting new patients; availability may vary by provider.
- Enhanced Provider profiles that include images and comprehensive details.
- **Waitlist Feature:** All members have the option to join a queue for the next, earliest available appointment. You will receive notifications via text or email.



# Primary Care Navigation

## Choosing a Primary Care Physician

Sutter Health Plan



When it comes to choosing a primary care physician (PCP), it's all about finding the right fit. When you enroll, you and your covered dependents will select a PCP who will manage your care to help keep you healthy. So, take the time to find a PCP you feel comfortable with and trust as your healthcare partner — it can make all the difference in your wellness journey.

### TYPES OF PCPs



#### Family Medicine

Provides primary care for newborns to geriatrics, and treats a wide variety of conditions.



#### Internal Medicine

Provides primary care for adults age 18 and older and specializes in diagnosing, treating, and preventing disease in adults.



#### Pediatrics

Provides primary care for children up to age 18 and specializes in a wide range of childhood medical conditions.



#### OB/GYN

Provides gynecological and obstetric healthcare services; some may also provide primary care.

## Finding your PCP

- ✓ Go to [sutterhealthplan.org/find-provider](https://sutterhealthplan.org/find-provider)
- ✓ Enter the name of a provider, specialty or condition and enter an address, city or ZIP code of the area you would like to search.
- ✓ Click the "Search" button
- ✓ Once your results populate use the filters on the left hand side to further narrow your search results
- ✓ Click "Accepting New Patients"
- ✓ When you enroll, you need to include your PCP's first name, last name and their Sutter Health Plan Provider ID.

### Book an Appointment\*

Finding care just got easier — members can view the earliest available appointments and book primary care visits directly from the provider's profile. Getting the care you need has never been more convenient!



## Already a Sutter Health patient?

If you are established with a PCP in the Sutter Health Plan network, you do not need to select a new one, even if their practice is closed to new patients. All you need to do is include the Sutter Health Plan Provider ID, which you can find on the Find a Provider tool or in the provider directory, and confirm you are an existing patient when you complete your enrollment.

## Understanding your PCP and medical group

When you choose a PCP, you are also selecting their medical group and care team. Your PCP will refer you to specialty care, X-rays, lab work, and other services as needed. Many covered services, including specialist visits, require referrals or prior authorizations. If you need specialty care and have a specific specialist in mind, check the provider directory to see what medical group the specialist is in and be sure you choose a PCP within that medical group. Sometimes, a specialist outside your medical group in the Sutter Health Plan network may also be available by referral.

## Changing your PCP

Once enrolled, you can change your PCP at any time through the Sutter Health Plan Member Portal at [shplan.org/memberportal](https://shplan.org/memberportal) or by calling Customer Service at 855-315-5800.

# Online Provider Directory

Our easy-to-use online search tool allows members to search providers and facilities by name, specialty, condition and location. Once the results populate, members can use the filters to narrow their search results further.

The screenshot displays the Sutter Health Plan website's provider directory. At the top, navigation links for 'For Members', 'For Brokers', 'For Employers', 'For Providers', and 'About Us' are visible. The main heading is 'Find a Provider', with a subtext explaining that the plan offers HMO coverage options for individuals, families, and employer groups, all providing access to the same network of providers. Below this is a search bar with fields for 'Name, specialty, or condition', 'Location (e.g., California)', and a 'Search' button. A link for 'Use my exact location' is also present. The search results are displayed in a grid. On the left, a 'Filters' sidebar allows users to refine results by 'Specialty' (listing various medical specialties with checkboxes), 'Gender' (Affirming Sex/Gender), 'Hospital Affiliation', 'Language Spoken', and 'City'. The main results area shows two provider profiles: Maria Garcia, MD, and John Smith, MD. Each profile includes a photo, name, specialty (Family Medicine), location (Sutter Medical Group, 1000 Sutter Ave, San Francisco, CA 94109), and a 'Call to Book an Appointment' button with the phone number 916-555-5555. A 'Book an Appointment' section for John Smith, MD, shows available dates: Tuesday, April 10, 2024 (10:00 AM), Tuesday, June 11, 2024 (10:00 AM), and Tuesday, June 11, 2024 (10:00 AM). A note at the bottom states: 'This provider is not currently accepting new patients. Please call 916-555-5555 for more information.'

The providers featured are fictional and are for marketing purposes only.



# Find a Provider

We offer HMO coverage options for individuals, families and employer groups of all sizes. All HMO plan designs, including high deductible health plans, provide access to the same network of providers.

Use my exact location



**JAMES B BECKETT, MD**

★★★★★ 4.7/5 (264)

1.63 miles away  
 Sutter Medical Group  
 1201 Alhambra Blvd  
Ste 420  
Sacramento, CA 95816  
[Get Directions](#)  
 916-733-8797

**Internal Medicine**  
Not accepting new patients  
Accepting existing patients  
**Hospital(s)**  
Sutter Medical Center,  
Sacramento  
**Provider ID**  
P000001035

Is this your current  
doctor? Schedule  
in My Health Online.



**NEILINDER S BEHNIWAL, MD**

★★★★★ 4.9/5 (35)

1.63 miles away  
 Sutter Medical Group  
 1201 Alhambra Blvd  
Ste 420  
Sacramento, CA 95816  
[Get Directions](#)  
 916-733-8713

**Internal Medicine**  
✓ Accepting new patients  
**Provider ID**  
P000673201

## Book an Appointment

Earliest Available

Tuesday, June 10, 2025

Wednesday, June 11, 2025

[Show more appointment times](#)

Time slots are for new patients. Members already established with their provider can [sign in to My Health Online](#) for appointments.

## Does everything look correct?

This time slot is reserved for you until 1:30 PM. To confirm your visit, please complete the required information and click the "Schedule" button on the final page. Some visits may require you to complete a "What would you like to discuss?" form.

If you're scheduling a primary care appointment, please make sure you're scheduling with your assigned primary care physician (PCP). If you want to change your PCP, contact Sutter Health Plan Customer Service at 855-315-5800.

This provider doesn't see patients age 17 and under.

New Patient with Neilinder Behniwal, MD

Tuesday, June 10, 2025  
Arrive by 7:30 AM  
Leave at 8:00 AM

Sutter Internal Medicine - Sacramento Midtown  
1201 Alhambra Boulevard, Suite 420  
Sacramento, CA 95816  
916-733-8713

☐ Join the waitlist to get a text or email if an earlier appointment becomes available.

What would you like to discuss? (number)

## Department Instructions

Your appointment in the Internal Medicine Dept. is located at 1201 Alhambra Blvd., Suite 420, Sacramento, CA. Please remember to bring a photo ID, your insurance card and any applicable copays. If you are unable to make your appointment, please reschedule and/or cancel at least 24 hours prior to your scheduled appointment.



Check the box to join the waitlist and be placed in the earliest available appointment queue.

New Patient with Neilinder Behniwal, MD

Tuesday, June 10, 2025  
8:00 AM PDT (confirmed)

Sutter Internal Medicine - Sacramento Midtown  
1201 Alhambra Boulevard, Suite 420  
Sacramento, CA 95816

Continue through My Health Online

OR

Continue as guest

Save time by using your My Health Online account to schedule this visit for yourself or someone else.

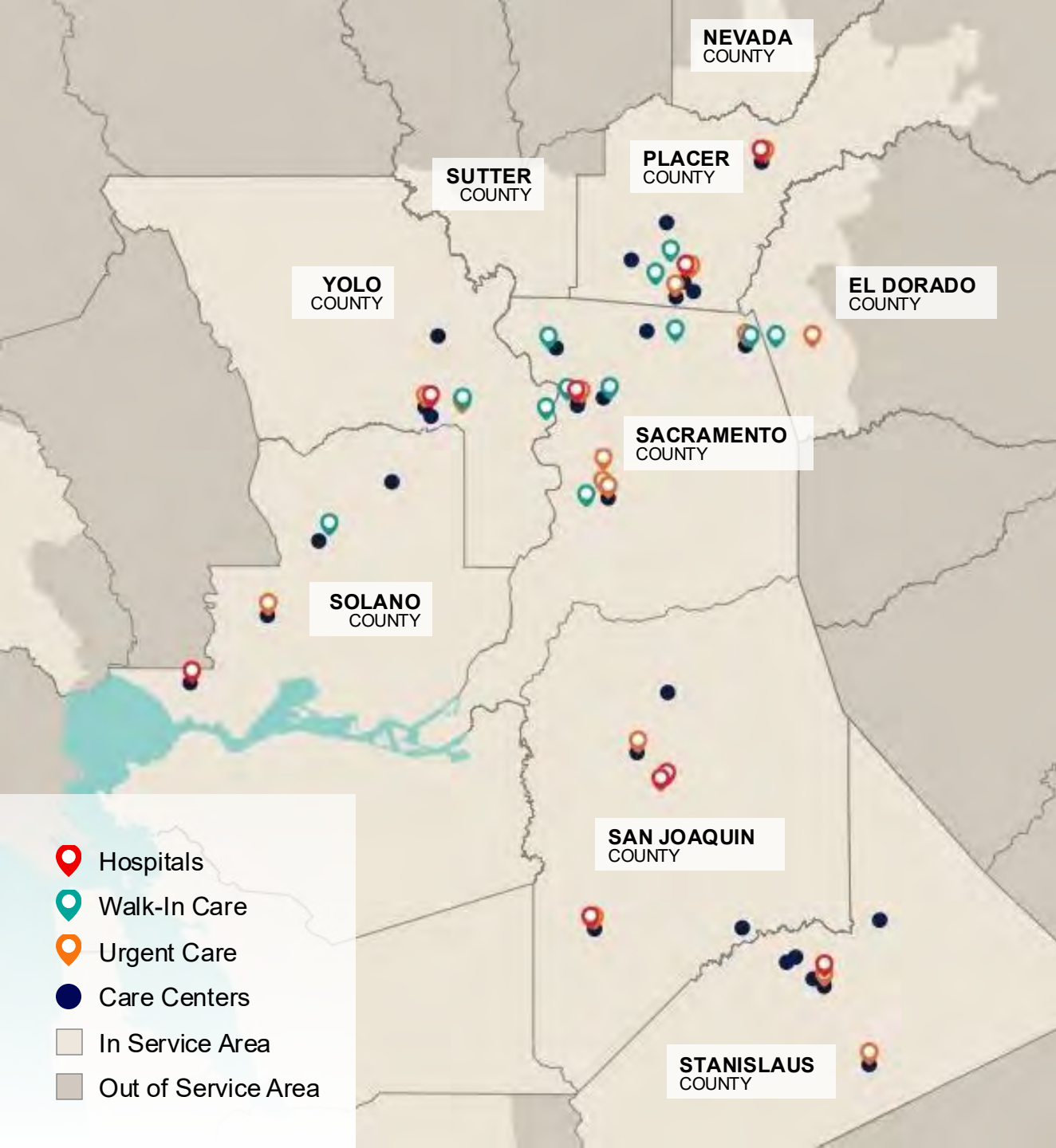
Schedule for yourself

Schedule for someone else

Select the applicable box to begin the final stages of scheduling.

# Sutter Health Plan Network





# In Your Community

## VALLEY AREA

With the Sutter Health Plan network, you have access to hospitals, doctors, clinicians, same-day care, urgent care and more across the greater Sacramento, Central Valley and Bay Area communities.



# Affiliated Hospitals

## BAY AREA

### Alameda County

- Alta Bates Summit Medical Center  
– Alta Bates Campus
- Alta Bates Summit Medical Center  
– Summit Campus
- Children's Hospital Oakland
- Eden Medical Center
- Stanford Health Care Tri-Valley

### Contra Costa County

- Sutter Delta Medical Center

### San Francisco County

- California Pacific Medical Center  
– Davies Campus
- California Pacific Medical Center  
– Mission Bernal Campus and  
Orthopedic Institute
- California Pacific Medical Center  
– Van Ness Campus

### San Mateo County

- Mills-Peninsula Medical Center
- Sequoia Hospital

### Santa Clara County

- El Camino Hospital Los Gatos
- El Camino Hospital
- Lucile Packard Children's Hospital

### Santa Cruz County

- Dominican Hospital
- Sutter Maternity & Surgery Center
- Watsonville Community Hospital

### Sonoma County

- Novato Community Hospital  
*Serving southern Sonoma County*
- Sutter Santa Rosa Regional Hospital

## VALLEY AREA

### Placer County

- Sutter Auburn Faith Hospital
- Sutter Roseville Medical Center

### Sacramento County

- Sutter Medical Center, Sacramento

### San Joaquin County

- Dameron Hospital
- St. Joseph's Medical Center
- Sutter Tracy Community Hospital

### Solano County

- Sutter Solano Medical Center

### Stanislaus County

- Memorial Medical Center

### Yolo County

- Sutter Davis Hospital

# Affiliated Medical Groups

## BAY AREA

### **Affinity Medical Group**

Alameda and Contra Costa Counties

### **Brown & Toland Physicians<sup>†</sup>**

San Francisco County

### **Mills-Peninsula Physicians Network<sup>\*</sup>**

Alameda, San Mateo, Santa Clara and Santa Cruz Counties

### **Palo Alto Medical Foundation<sup>\*\*</sup>**

Alameda, San Mateo, Santa Clara and Santa Cruz Counties

### **Sutter East Bay Medical Foundation<sup>\*\*</sup>**

Alameda and Contra Costa Counties

### **Sutter Medical Group of the Redwoods<sup>\*\*</sup>**

Sonoma County

### **Sutter Pacific Medical Foundation – West Bay<sup>\*\*</sup>**

San Francisco County

## VALLEY AREA

### **Sutter Gould Medical Foundation<sup>\*\*</sup>**

San Joaquin and Stanislaus Counties

### **Sutter Independent Physicians<sup>\*</sup>**

El Dorado, Nevada, Placer, Sacramento, Solano, Sutter and Yolo Counties

### **Sutter Medical Group<sup>\*\*</sup>**

El Dorado, Nevada, Placer, Sacramento, Solano, Sutter and Yolo Counties

### **Sutter Medical Group – Solano<sup>\*\*</sup>**

El Dorado, Nevada, Placer, Sacramento, Solano, Sutter and Yolo Counties

<sup>\*</sup> Select providers may offer My Health Online (MHO).

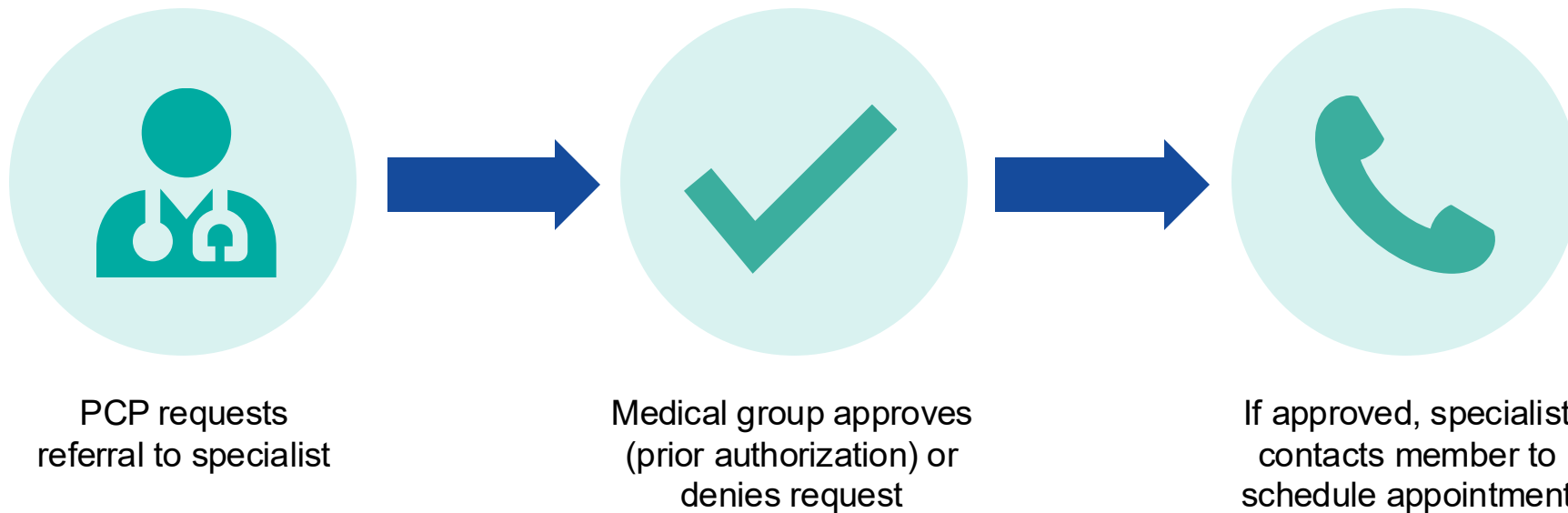
<sup>\*\*</sup> Sutter and select community providers offer MHO.

<sup>†</sup> Specialist physician services only. These physicians may be available by referral from your primary care physician (PCP) and authorization from your medical group.

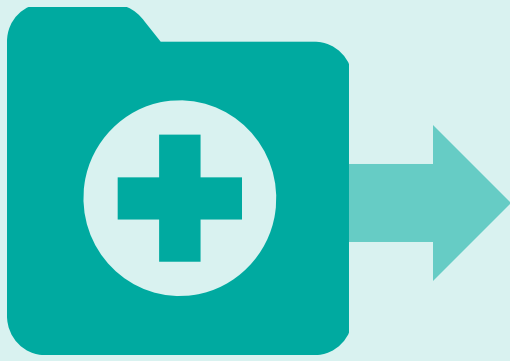
# Referral and Prior Authorization

Many covered services, including visits to a specialist, require a referral and prior authorization from the member's medical group.

The medical group must give prior authorization for a member to see a provider or obtain services and supplies from providers outside the medical group's network.







# Transferring Medical Records

**If the former medical group is Kaiser Permanente, UC Davis Medical Group, UC San Francisco Health, John Muir Health, or Stanford Health:**

- The Sutter Health Plan network provider will have electronic access to some or all of a member's medical records through the electronic health record.

**For all other medical groups:**

- Members may need to send a Medical Records Request Form to their former physician to release their records.



# Transferring Prescriptions

## Before their plan effective date, members should:

- Refill available prescriptions or request a new prescription if no refills are available.

## After their effective date, members should:

- Refill prescriptions through a CVS Caremark network pharmacy and consider mail order fulfillment or the Retail-90 program at participating CVS retail pharmacies.

Members must provide their Sutter Health Plan member ID card to the pharmacy.

# Bringing Care Close to Home

Sutter plans to expand access to care by opening new facilities, hiring more providers, and investing millions of dollars over the next few years.



## **27 New Care Centers**

Convenient primary and multispecialty care locations



## **22 New Surgery Centers**

Outpatient surgical procedures



## **27 New Urgent Care Locations**

Same-day care for illnesses or injuries that require immediate attention



## **3 Center of Excellence Facilities**

Disease-specific facility aimed at creating a “one-stop shop” for all healthcare needs



# Greater Sacramento Area Expansion

## **Folsom Iron Point** \*106,500 sq. ft.

- 25 Specialist Providers – Oncology, OB/GYN, Neurology, Cardiology, Orthopedics, ENT & Urology
- Urgent Care / Imaging / Lab Services
- Ambulatory Surgery Center

## **Arden Care Center Expansion** (opening late 2025)

\*75,000 sq. ft.

- Primary care
- Specialty care: Dermatology, endocrinology and rheumatology
- Diagnostic lab and imaging
- Urgent care

## **Downtown Sports Medicine Complex** (opening late 2027)

- Primary care
- Specialty care: Dermatology, endocrinology and rheumatology
- Diagnostic lab and imaging
- Urgent care

## **Elk Grove Multispecialty Care Center** (opening 2026)

\*56,000 sq. ft.

- Primary care
- Specialty care: Cardiology, dermatology, endocrinology, ENT, gastroenterology, general surgery, neurology, OB/GYN, orthopedics, rheumatology, urology and more
- Diagnostic lab and imaging
- Urgent care



Folsom Iron Point



Sacramento - Arden







Downtown Sac. Sports Medicine  
Care Complex



Elk Grove



# Convenient Access to Care

	 Video Visit with a Sutter Clinician through My Health Online (MHO)	 Video Visit with your Primary Care Physician (PCP) <sup>1</sup>	 Walk-In Care	 Urgent Care
	Telehealth Cost Share <sup>2</sup>	Telehealth Cost Share <sup>2</sup>	Walk-In Care Cost Share <sup>2</sup>	Urgent Care Cost Share <sup>2</sup>
Burns and cuts			✓ <sup>3</sup>	✓
Cold and flu	✓	✓	✓	✓
Ear pain			✓	✓
Nausea and vomiting	✓	✓		✓
Rashes and skin infections	✓	✓	✓	✓
Seasonal allergies	✓	✓	✓	✓
Sinus infection	✓	✓	✓	✓
Sprains and strains	✓	✓	✓ <sup>3</sup>	✓
Vaccines			✓	

<sup>1</sup> Log in to your MHO account to see if your PCP offers video visits. If your provider doesn't participate in MHO or you're a new patient, please contact your PCP's office for video visit options.

<sup>2</sup> Refer to the Sutter Health Plan combined Evidence of Coverage and Disclosure Form and Benefits and Coverage Matrix to determine coverage and cost.

<sup>3</sup> Minor cases only at Sutter Walk-In Care.



## Video Visits

- Available through My Health Online (MHO)
- Video visits\* with a PCP are available to members ages 3 months and older. Check with your PCP for availability and hours
- Video visits for all members ages 18 months and older daily with a Sutter clinician
- Log in to your MHO account to see if your PCP offers video visits. If your provider doesn't participate in MHO or you're a new patient, please contact your PCP's office for video visit options.





## Sutter Walk-In Care

- Care for everyday illnesses and health needs.
- Colds/flu, ear or sinus infections, sore throat or fever, seasonal allergies, immunizations, and upper respiratory infections.
- Same cost to members as a primary care visit, and may be less, depending on your plan design.
- Open 7 days a week; holiday hours may vary.
- Schedule your visit ahead of time.

For a current list of locations, visit [sutterhealthplan.org/walk-in](https://sutterhealthplan.org/walk-in).



# Urgent and Emergency Care

## Urgent Care

Members have access to in-network urgent care locations while in the Sutter Health Plan service area. When outside of the Sutter Health Plan service area, members can access any urgent care location.

For a list of in-network urgent care locations, visit [sutterhealthplan.org/urgent](https://sutterhealthplan.org/urgent).

## Emergency Care

Members can access emergency care from any facility, in or out of the Sutter Health Plan network, without a referral. In the case of an emergency, dial 9-1-1 (where available) or go to the nearest hospital.

# Benefits





# Pharmacy Benefits

**Sutter Health Plan partners with CVS Caremark® for pharmacy benefits.**

- CVS Caremark network pharmacies include most independent pharmacies and retail chains — CVS Pharmacy, Costco, Raley's, Safeway, Walgreens and Walmart, to name a few.
- CVS Caremark Retail-90® program gives you up to a 100-day supply of maintenance prescription drugs for the cost of two copays\* at certain retail pharmacy locations, including CVS pharmacies, as allowed by your benefit plan.
- CVS Caremark Mail Service Pharmacy offers free shipping for up to a 100-day supply of maintenance prescription drugs for the cost of two copays.\*
- CVS Specialty® fills and delivers specialty drugs to your home at no cost.

Learn more at [sutterhealthplan.org/pharmacy](https://sutterhealthplan.org/pharmacy).





# No Cost Share Preventive Care Services

**Sutter Health Plan covers a variety of preventive care services, when provided by a participating provider, at no cost to you, including:**

- Centers for Disease Control and Prevention-recommended immunizations for routine use in children, adolescents and adults.
- Hearing exams and screenings
- Routine preventive imaging services
- Family planning counseling, methods and consultations
- Routine physical exams
- Smoking cessation interventions, including drugs and counseling



# No Cost Share Preventive Prescriptions

**Sutter Health Plan covers a variety of preventive care medications, at no cost to you, when prescribed by a participating provider, including but not limited to:**

- Vitamins in conjunction with fluoride and fluoride supplementation for children
- Aspirin for members with pre-eclampsia
- Food and Drug Administration (FDA)-approved birth control products
- Smoking cessation products
- Folic acid for women considering pregnancy or who are pregnant



# Mental Health

**Mental health and substance use disorder (MH/SUD) services provided by U.S. Behavioral Health Plan, California (USBHPC).**

- Members do not need a referral for appointments and can search for providers directly through USBHPC.
- Appointments available in-person or through secure virtual visits with select providers.
- Visit [liveandworkwell.com](https://liveandworkwell.com) and select Find Care at the top of the page.

# Mental Health Online Resources

**USBHPC offers online resources designed to give members quick, confidential, 24/7 access to the resources available, including:**

- **Personal Life:** for caregiving, parenting, military and veterans, relationships, and well-being.
- **Mind & Body:** for mental and physical health, recovery and resiliency, and substance use disorder and addiction.
- **Crisis Support:** for abuse, addiction, disasters, finance, hospitalization, housing, suicide prevention, and helping a loved one with a mental health crisis.

For more information, visit [liveandworkwell.com](https://liveandworkwell.com).





# Mental Health

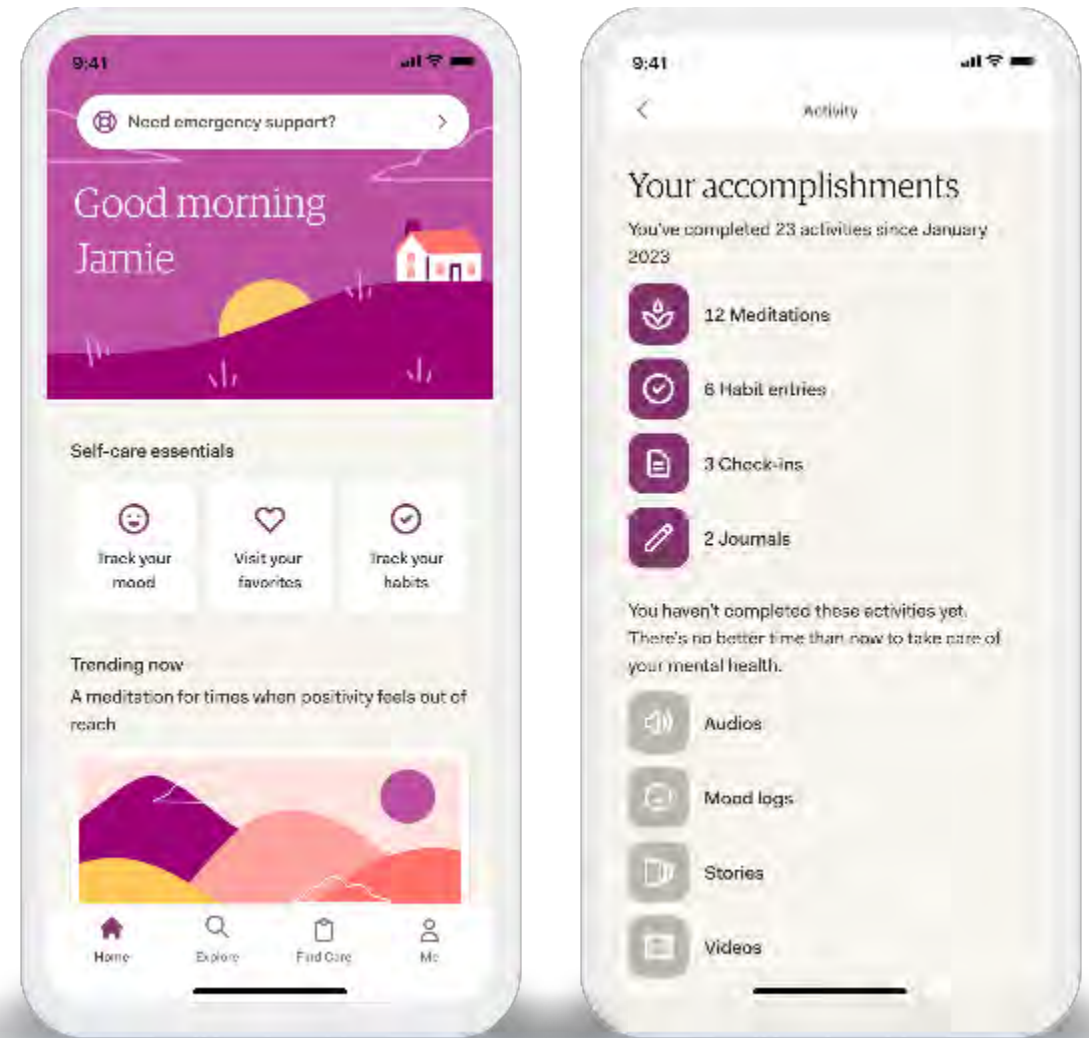
## Self Care from AbleTo

**Members have access to Self Care from AbleTo — a mobile app offering help for stress and emotional well-being, including:**

- Daily mood tracking
- Emotional assessments
- Meditation tools
- Personalized roadmap

Completely confidential, the Self Care app is available at no extra cost as part of the behavioral healthcare benefits through USBHPC, a subsidiary of Optum.

For more information, visit [ableto.com/begin](https://ableto.com/begin).



# Mental Health

## Scout by Sutter Health

**Scout is designed to help teens and young adults build resilience to manage their mental health through key features:**

- Weekly education
- Feelings tracker
- Trends & insights
- Tips, tools & activities
- Reminders & nudges
- Support resources

For more information, visit [scout.sutterhealth.org](https://scout.sutterhealth.org).

Sutter Health Plan access code is available in new member welcome material or by calling Customer Service.



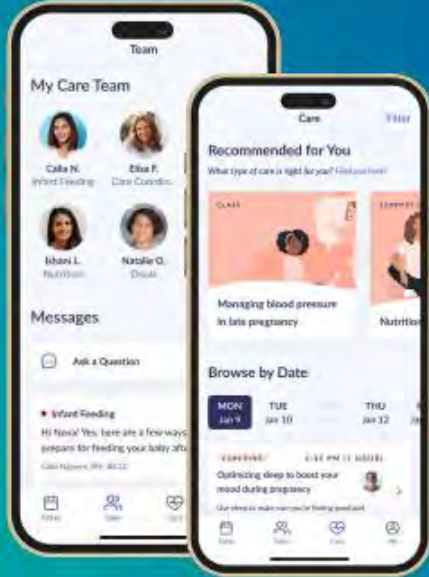
# New SHP Member Highlight

(Effective March 1, 2025)

## Doula Care Program

Sutter Health Plan members have access to Mahmee, an integrated care team, including doulas, registered nurses, mental health coaches and nutritionists — all at no cost.


The program provides 12 months of comprehensive support tailored to your needs, whether preparing for delivery, managing your pregnancy or navigating postpartum.



**Mahmee offers virtual visits, in-person care and 24/7 support online and through the app.**

Mahmee is available to provide wraparound care for both you and your baby, with a suite of services you can benefit from, including:

- ✓ Doula support during pregnancy, labor and postpartum.
- ✓ Expert coaching and educational resources on infant feeding, mental health and nutrition.
- ✓ Nurse-led remote patient monitoring for conditions such as hypertension, preeclampsia, or other cardiovascular concerns.
- ✓ Screenings and coordination of care to address important factors like transportation and housing, ensuring you have the support you need.

 **Getting Started**

You can self-enroll by visiting **mahmee.com**, clicking on 'Check My Eligibility' and following the instructions.

You can also call Mahmee at **818-431-1118** or email them at **hello@mahmee.com**.



# Online Tools

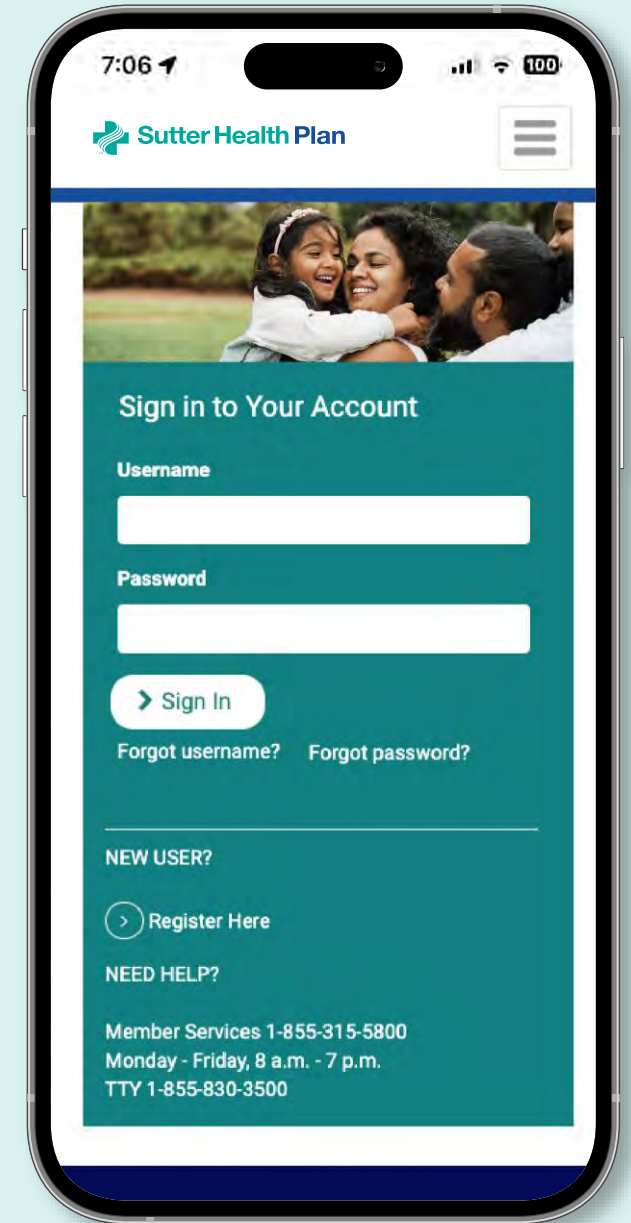


# Member Portal

## With the Sutter Health Plan Member Portal members can:

- View, print or request member ID cards
- Change primary care physicians
- View eligibility, benefits, copays or coinsurance, account balances, claims information and deductibles
  - Receive monthly statements with balance details — using the member portal, members can opt out of receiving these statements
- Update member portal profile
- Access Sutter Health Plan forms, resources and member newsletter
- Navigate to the Health and Wellness site

Responsive technology allows access from a smartphone, computer or tablet.



# My Health Online

## With MHO members can securely:

- Book a video visit
- Message their care team
- Make an appointment
- Sign up for text reminders and Fast Pass
- Renew prescription refills
- View test results
- Complete EZ Arrival for contactless check-in
- Invite family or caregivers for proxy access
- View hospital stay through Bedside Mobile
- Access medical records
- Pay bills and copays online

Online App available in Apple Store or Google Play. Members can navigate to the Sutter Health Plan Member Portal from their MHO account.





# My Health Online

## Care Companions

Members have access to interactive Care Companion plans through My Health Online, including task reminders, analyzing health data and offering education to help manage their care.

**Care Companion—Healthy Pregnancy** for expectant members who are seeing a maternity care provider who participates in MHO. This feature, designed for low-risk pregnancies, offers a personalized care plan that guides members through their pregnancy journey.

**Care Companion for New Babies** provides timely tips for parents navigating life with a newborn, including breastfeeding and immunizations. Babies are automatically enrolled when discharged from a Sutter hospital or after their first Sutter appointment is scheduled.

For more information, please visit [sutterhealth.org/care-companion](https://sutterhealth.org/care-companion).



# Health and Wellness



# Health and Wellness



**Health Coaching Program** for healthy weight, tobacco cessation and stress management.



**Complex Case Management** for chronic conditions or multiple complex health problems.



**Health and Wellness Site** including a personal health assessment and 13 action plan modules.



**24/7 Nurse Advice Line** for medical questions or concerns to help members determine the right level of care.



**Wellness Page** for health and wellness tip sheets, health maintenance guidelines, and live and recorded webinars.

Learn more at [sutterhealthplan.org/wellness](https://sutterhealthplan.org/wellness).

# Health Coaching Program

One-on-one telephonic personal health coaching at no cost for:



Healthy weight



Stress management

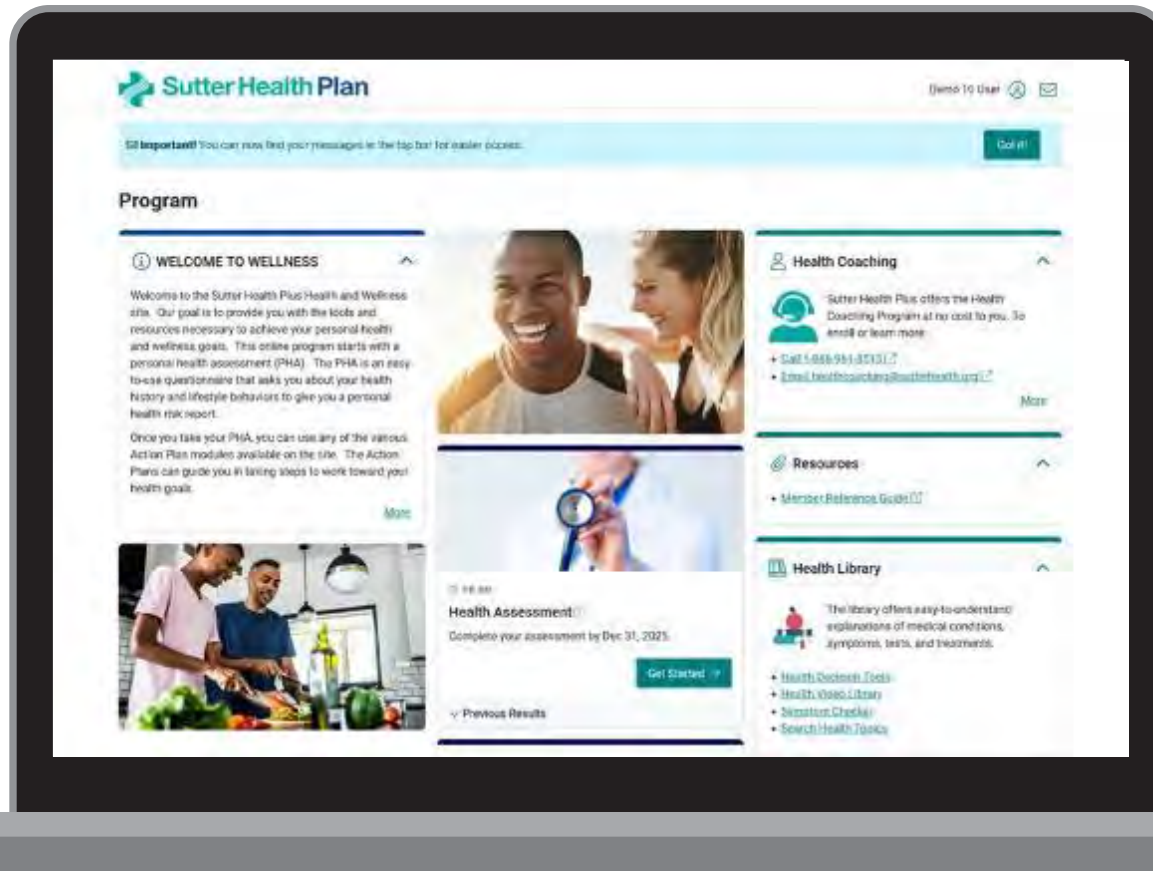


Tobacco cessation





# Health and Wellness Site



- **Personal health assessment**
  - English and Spanish
- **13 Action Plan modules**
  - Healthy Eating, Stress Management, Heart Disease Prevention, and more
- **Health Library**
- **Learning Centers, a Video Library and a Symptom Checker**
- **Health Decision Tools**
  - Designed to guide members through key health decisions, combining medical information with personal values

Accessed through the Member Portal at [shplan.org/memberportal](https://shplan.org/memberportal).

# Health and Wellness Calendar | 2025



JANUARY   FEBRUARY   MARCH   APRIL   MAY   JUNE   JULY   AUGUST   SEPTEMBER   OCTOBER   NOVEMBER   DECEMBER

Healthy Weight	Heart Health	Nutrition	Stress Awareness	Women's Health	Men's Health	Safe Summer Travel	Back-to-School	Healthy Aging	Breast Health	Diabetes Prevention	Healthy Holidays

## ADDITIONAL HEALTH AWARENESS DATES

National Blood Donor Month	American Heart Month	National Nutrition Month	Irritable Bowel Syndrome Awareness Month	Mental Health Awareness	Pride Month	National Grilling Month	National Immunization Awareness Month	Healthy Aging Month	National Breast Cancer Awareness Month	American Diabetes Month	National Influenza Vaccination Week
Thyroid Awareness Month	National Cancer Prevention Month	National Kidney Month	Stress Awareness Month	National Asthma and Allergy Awareness Month	National Safety Month	International Self-Care Day	World Breastfeeding Week	Pain Awareness Month	Healthy Lung Month	Chronic Obstructive Pulmonary Disease (COPD) Awareness Month	<u>DEC 1-5</u>
Cervical Cancer Prevention Week	Safer Internet Day	National Endometriosis Awareness Month	World Autism Awareness Day	National Stroke Awareness Month	Family Health and Fitness Day	<u>JUL 24</u>	<u>AUG 1-7</u>	National Cholesterol Education Month	World Mental Health Day	World Pneumonia Day	International Volunteer Day
<u>JAN 20-26</u>	<u>FEB 6</u>	World Hearing Day	<u>APR 2</u>	Food Allergy Awareness Week	First Day of Summer	<u>JUL 30</u>		World Alzheimer's Day	<u>OCT 10</u>	<u>NOV 12</u>	<u>DEC 5</u>
	National Wear Red Day for Women's Heart Health	<u>MAR 3</u>	<u>APR 22</u>	<u>MAY 11-17</u>				<u>SEP 21</u>	<u>OCT 20</u>		
	<u>FEB 7</u>	National Sleep Awareness Week									
	Random Acts of Kindness Day	<u>MAR 9-15</u>									
	<u>FEB 17</u>										



**Digital Campaign:** A series of digital newsletters delivered weekly about specific health topics and wellness resources.



**e-Tips:** Monthly tips and tricks sent via email to help optimize a healthy lifestyle. [Visit our library.](#)



**Healthy Recipes:** Monthly recipes featuring fresh, in-season ingredients.



**Live Webinar:** An interactive and educational live presentation via Zoom hosted by Sutter Health providers and specialists. [View our gallery.](#)



Each month our Sutter Health Employer Program offers health and wellness resources on a variety of important topics. **Resources are available to all employees regardless of health plan.**



# HEALTH AND WELLNESS MONTHLY CONTENT



Sutter Health



## Understanding Food Allergies

**What is a Food Allergy?** A food allergy occurs when your immune system mistakenly identifies a certain food as harmful, triggering an allergic reaction. Symptoms can range from mild, like a rash or upset stomach, to severe and life-threatening reactions such as anaphylaxis.

**Common Food Allergens**

- Children:** Milk, eggs, peanuts, tree nuts, fish, shellfish, wheat, soy
- Adults:** Peanuts, tree nuts, fish, shellfish While some children may outgrow allergies to milk, eggs or soy, Adult-onset food allergies are often lifelong.

**Symptoms of a Food Allergy**

- Mild:** Tingling lips, hives, upset stomach, stuffy nose
- Severe (Anaphylaxis):** Difficulty breathing, swelling, nausea, vomiting or fainting. Severe reactions require immediate medical attention and the use of an epinephrine injection.

**Food Allergy vs. Food Intolerance**

Food intolerance often causes digestive discomfort but does not involve the immune system and is not life-threatening.

**Diagnosis and Management**

- Diagnosis:** A healthcare provider may use skin tests, blood tests or an oral food challenge to confirm a food allergy.
- Treatment:** Avoidance is key. For mild reactions, antihistamines may help. Severe reactions require epinephrine and emergency care.
- A new medication, Xolair, has been approved by the FDA to help reduce allergic reactions to multiple foods after accidental exposure. "Xolair has been available for other indications like asthma and chronic hives for 20 years and it received the indication for food allergies about a year ago," says Mark Grjinstajn, M.D., allergist at Sutter Health. "It's given as an injection and is generally well tolerated. We can also use it to treat peanut allergy in children with oral desensitization."

**Staying Safe**

- Always read food labels.
- Inform others about your allergy.
- Carry an epinephrine auto-injector if prescribed.
- Be cautious when dining out.

Recognizing and managing food allergies, severe reactions can keep you safe. Consult your provider for personalized advice and treatment options.

## Spring Roll Salad



### Salad Ingredients

- 1 1/2 cups purple cabbage, finely shredded
- 1 1/4 cups green cabbage, finely shredded
- 1 cup edamame
- 2 Persian cucumbers, finely chopped
- 2 carrots, finely shredded
- 1 jalapeno, finely chopped
- 1 avocado, chopped
- 1/4 cup green onions, finely chopped
- 1/4 cup fresh cilantro, finely chopped
- 1/4 cup fresh mint, finely chopped
- Sliced almonds for toasting (optional)

### Dressing Ingredients

- 1 tbsp. olive oil
- 1/4 cup almond butter
- 1 tbsp. tamarind or coconut aminos
- 1 tbsp. rice vinegar
- 1 tsp. sriracha
- 1 tbsp. raw honey
- Half a lime, juiced
- 2 garlic cloves, roughly chopped
- 1 tsp. fresh grated ginger
- 1 or 2 tbsp. water as needed to thin (optional)

# LIVE WEBINARS



FREE LIVE WEBINAR

## Hormones and Health at Every Stage of Life

Hormones play a vital role in every stage of a woman's life, influencing everything from mood and energy to reproductive health and aging.

Join us for an empowering panel discussion with leading experts as they explore key topics such as:

- Changes your body goes through during menopause and treatment options, including Hormone Replacement Therapy (HRT) and nonhormonal treatments.
- Recognizing the symptoms and health impacts of polycystic ovary syndrome (PCOS), premenstrual syndrome (PMS) and premenstrual dysphoric disorder (PMDD).
- How hormones influence weight and your overall health.

This event is perfect for women looking to take control of their hormonal health.

**Tuesday, May 20**  
12:00 p.m. PT

**Register**

Scan the QR code or visit  
[bit.ly/sh-webinar-may25](https://bit.ly/sh-webinar-may25)



**Speakers:**

**Judy Mikacich, MD, MPH, FACOG**  
Menopause Society Certified  
Practitioner (MSCP)  
Certified by the American Board  
of Obesity Medicine

**Laurie Gregg, MD, FACOG**  
Menopause Society Certified  
Practitioner (MSCP)  
Certified by the American Board  
of Obesity Medicine  
Certified by the American Board  
of Lifestyle Medicine

**Heather Beatty, MD**  
Board-Certified in Ob/GYN and  
Integrative Medicine



# DIGITAL CAMPAIGNS

## Mind Your Mental Health

### Four-Week Digital Campaign

Monday, April 28 – Monday, May 19

The constant demands of a busy life — balancing work, parenting and or even caring for aging parents — can cause our mental and emotional well-being to take a back seat. Mental health is a crucial aspect of our overall wellness, and if neglected, it can lead to other health problems such as diabetes, heart disease and stroke.

Kickstart your week with a fresh dose of mental health insights delivered straight to your inbox every Monday morning throughout this four-week digital series. We'll be featuring Sutter Health therapist, Kelly Newbill, LMFT, who will be answering some of your questions throughout the series. Submit your questions when you register. **Register by Sunday, April 27 to receive your first email on Monday, April 28.**

#### Register

Scan the QR code or visit  
[bit.ly/sh-digital-series](https://bit.ly/sh-digital-series)



#### Quick peek at each week:

**Week 1: Self-Care for Mental Health** – Self-care isn't selfish — it's essential. This week, we'll discover how to use self-care as your personal toolkit for maintaining your mental well-being.

**Week 2: Practicing Mindfulness** – A powerful practice that can significantly improve your mental health. Learn how to utilize this skill effectively.

**Week 3: Enhancing Your Mental Wellness** – Explore practical tips and strategies to help you feel your best today and every day.

**Week 4: When Mental Health Demands Immediate Attention** – Recognizing when mental health problems go beyond the normal highs and lows of life.



# Care and Coverage



**Call the Nurse Advice Line for 24/7 access to registered nurses for medical questions or concerns.**

- Call **855-836-3500**, 24 hours a day, seven days a week.
- Helps determine the right level of care for a member's health needs.
- Provides home care tips for minor injuries and illnesses.



**Customer Service can help with any request, including questions about coverage**

- Call **855-315-5800**, Monday through Friday, 8 a.m. to 7 p.m.
- Visit [\*\*sutterhealthplan.org/contact\*\*](https://sutterhealthplan.org/contact).

